

Isleworth Group Exercise Timetable

Isleworth Leisure Centre & Library

Accurate as of 17/09/2024

Times for Monday 23 September



Time	Session	Facility	Instructor
06:45 - 07:30	Indoor Cycling	Studio 2	Trevor
09:30 - 10:15	Zumba	Studio 1	Francesca
10:15 - 11:00	Zumba Tone	Studio 1	Francesca
11:15 - 12:15	Yoga Sound Bath	Studio 1	Ingrid
12:15 - 13:00	Aquafit	Main Pool	Danny
18:00 - 19:00	Pilates	Studio 1	Adrien
19:00 - 19:45	Indoor Cycling	Spin Studio	Ula
19:00 - 20:00	Zumba	Studio 1	Dee
20:00 - 21:00	Total Body Conditioning	Studio 1	Ula